AF Fitness Program Education

Physical Fitness Education/Intervention

- **Marginal Composite Score** (70-74.9)
  - Attends Healthy Living Workshop (HLW)
- **Poor Composite Score** (<70)
  - Attend HLW and…
  - Attend Fitness Improvement Program (FIP)
  - If Abdominal Circumference is > 35” F, > 40” M
    - Member also attends Body Composition Improvement Program (BCIP)

Education Requirement Cont'

- Within 10 DUTY DAYS of scoring, members will complete HLW
  - **HLW**: Attended by all **Marginal** and **Poor**
- Within 10 duty days of completing HLW, members will complete FIP and BCIP #1
  - **FIP**: Attended by all **Poor**
  - **BCIP**: Attended by **Poor** with AC > 35", > 40"

Overview of Classes

- HLW
- FIP
- BCIP 1 and 2
- Follow-Up

Healthy Living Workshop (HLW)

- Attended by all **Marginal** and **Poor**
- 2 hour class
- 3 Educational Components
  - 60 min: Behavioral Change techniques/goal setting
  - 30 min: Fitness Education
  - 30 min: Nutrition Education
- Taught by Behavioral Health, FPM and Dietitian/Diet Therapist

HLW Objectives

- Help clarify what will work for and against you in setting goals
- Increase your confidence in your ability to set and follow through with your goals
- Give tools and strategies to make positive changes in fitness
- Identify nutrition strategies to improve performance

Fitness Improvement Program (FIP)

- Attended by all **Poor** within 10 duty days of completing HLW
- Taught by the FPM
- Recommended monthly follow-up until member scores >70
- Exercise 4-5d/wk
- Document/validate exercise on AF Form 1975 (or electronic equivalent) and turn in to UFPM monthly

FIP Objectives

- Exercise Rx and hands-on training provided
- Working group meeting 8-12 Dec to finalize objectives and curriculum
- Deliverable Jan 04:
  - Class slides with speaker notes
  - Facilitator and participant guides

Body Composition Improvement Program (BCIP)

- Attended by all **Poor** who also have AC > 35” F, > 40” M
- Must attend Class #1 within 10 duty days after completing HLW
- 2 classes, 2hrs in length
- Taught by Registered Dietitian/diet therapist or medical staff member authorized to provide nutrition counseling IAW AFMAN 44-144, Nutritional Medicine Management
- Must attend minimum monthly follow-up until member scores >70

BCIP #1 Objectives

- Identify health risks of overweight/obese
- Learn how to lose weight healthfully
- Identify the calories you need to lose weight
- Review reading food labels
- Learn how to accurately keep a food record
- Class exercise
- Homework and goals
- Self assessment (workbook)

BCIP #2 Objectives

- Critically analyze food record
  - Exercise #1 Food Record Review
- Learn to deal with everyday challenges
  - Exercise #2: Dealing with Daily Challenges
- Learn how to plan healthy meals into busy lifestyle
  - Exercise #3: Planning Ahead for Success
- Learn how to choose healthy in social situations
  - Exercise #4: Choose Healthy from Club Menu (workbook exercise)
- Get support from family, friends and co-workers
  - Support Contract

Follow-Up for Poor

- FIP: Recommended monthly until member scores >70
- BCIP: Required monthly until they score >70
- Can be combined and you can offer alternatives
- BCIP: member will choose from individual, small group, telephone and/or e-mail option
- BCIP: member will choose frequency; weekly, every other week or monthly (minimum requirement IAW AFI)